

# THRIVING AT WORK:

# LEARN HOW TO SUCCEED NO MATTER WHAT LIFE THROWS AT YOU



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+ Psychological Safety*

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# EVER WONDERED WHAT MAKES SOMEONE SUCCESSFUL AT WORK?

Beyond intelligence and dedication, modern workplace challenges demand: true resilience—the skill to cope and thrive under stress (without completely avoiding your emotions and pretending that your needs don't matter.) Discover how true resilience, a learnable and practicable skill, can redefine your professional success and prevent you from burning out.

## COURSE CONTENT:

This workshop will teach you how to:

- Identify what it means to be truly resilient without gaslighting yourself (yes there is a way to be resilient without pushing through and ignoring your emotions)
- Be more compassionate with yourself
- Be more aware of your own unique needs
- Get crystal clear on what your version of success looks like in your career and in your inner world.
- Learn to make sure that you and your colleagues know that you matter, that you are worthy.

# LEARNING OUTCOMES

- *Define your version of personal success in the face of adversity.*
- *Know how to create your own stress management toolkit so that you can stay calm*
- *Separate your sense of self worth from external achievements*
- *Utilise methods to make work life enjoyable so that you have more great days at work and avoid burnout.*

## ABOUT THE FACILITATOR:

*Sam brings over two decades of experience in psychotherapy and human services, offering a nurturing and gentle approach to resilience training.*

*Her sessions are designed to transform personal and team dynamics, promoting a culture of psychological safety and high performance.*

# Kind words

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As a Speaker Sam was really easy to work with, Empathic, Credible and Professional. As a result of our work together, our team will look at scheduling a second session later this year!

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From the Broome Women  
Thriving in Business Workshop

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Sam was very calm and easy going and a delight to work with.

I feel the session went really well and those who attended felt they had all learnt something.

Fun, professional, personable, warm, engaging. As a result of our workshop our team will be able to have better work/life balance.

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Mele, Broome Chamber of Commerce